



Contact number: 0113 3459492 Email: admin@ethicalhomecare.co.uk Web: www.ethicalhomecare.co.uk

Introduction

Welcome to our 7th edition of our company newsletter, we have a lot of things to celebrate this month including our special job promotion for Halima, who started with us in 2012 as an office apprentice and has now just been given her 2nd promotion to office Manager, Halima is quite rightly proud of herself and her achievements and went out to celebrate this week in Chapel Allerton.

We also will be looking at Diabetes as our health feature which seems fitting as we are in the Easter period. Ethical also celebrated its 3rd birthday this month on the 1st and we are pleased that we have a lot of new plans for our company in 2015. This will include a new onsite training room, and also more community work.

Some of the projects that we are looking into are assisting people to understand Dementia and also supporting people who may be isolated. We hope you enjoy our information and we welcome your feedback and suggestions.

Healthy Eating



Chicken butter bean and leek pie

This golden potato-topped pie combines chicken with tarragon in a cheese sauce - a delightful medley of flavours for a hearty evening meal.

Ingredients

- 1 tbsp oil
- 2 large boneless, skinless chicken breasts, cubed
- 2 leeks, sliced (250-300g)
- 2 tbsp flour
- 600ml semi-skimmed milk
- 2 tbsp fresh tarragon, chopped
- 50g mature Cheddar, grated
- 1 x 420g tin butter beans, drained and rinsed
- 750g floury potatoes, cooked and mashed
- knob of butter

Method

1 Preheat the oven to 200°C/gas 6. Heat the oil in a saucepan add the chicken and leeks and fry for 4-5 minutes until the chicken begins to brown.

2 Stir in the flour and 450ml of the milk, bring to the boil and stir until thickened. Stir in the tarragon half the cheese and the butter beans and season well. Tip into an ovenproof dish.

3 Mix together the mashed potato, remaining milk, butter and the remaining cheese and pipe or spoon over the chicken mixture.

4 Place the pie in the oven and cook for 20-25 minutes until golden and bubbling.

Diabetes is a lifelong condition that causes a person's blood sugar level to become too high.

There are two main types of diabetes – [type 1 diabetes](#) and [type 2 diabetes](#).

Type 2 diabetes is far more common than type 1. In the UK, around 90% of all adults with diabetes have type 2.

There are 3.9 million people living with diabetes in the UK. That's more than one in 16 people in the UK who has diabetes (diagnosed or undiagnosed).

This figure has more than doubled since 1996, when there were 1.4 million. By 2025, it is estimated that five million people will have diabetes in the UK.

Many more people have blood sugar levels above the normal range, but not high enough to be diagnosed as having diabetes.

This is sometimes known as pre-diabetes. If your blood sugar level is above the normal range, your risk of developing full-blown diabetes is increased.

It's very important for diabetes to be diagnosed as early as possible because it will get progressively worse if left untreated.

Symptoms of diabetes

The main symptoms of diabetes are:

- feeling very [thirsty](#)
- urinating more frequently than usual, particularly at night
- feeling very tired
- weight loss and loss of muscle bulk
- itching around the penis or vagina, or frequent episodes of [thrush](#)
- cuts or wounds that heal slowly
- blurred vision (caused by the lens of the eye becoming dry)

Type 1 diabetes can develop quickly over weeks or even days.

Many people have type 2 diabetes for years without realising because the early symptoms tend to be general.

What causes diabetes?

The amount of sugar in the blood is controlled by a hormone called insulin, which is produced by the pancreas (a gland behind the stomach).

When food is digested and enters your bloodstream, insulin moves glucose out of the blood and into cells, where it's broken down to produce energy.

However, if you have diabetes, your body is unable to break down glucose into energy. This is because there's either not enough insulin to move the glucose, or the insulin produced doesn't work properly. (NHS Leeds)

As Carers what can we do ?

Support clients with healthy meal choices, pay particular attention to clients who may lack capacity (such as those suffering with Dementia), observe shopping habits, ask yourself " does the client have enough support to get out to the shops and purchase healthy food"? work well as a team to make sure that clients have all the support that they need. RIGHT DIET, RIGHT MEDICINE, RIGHT EXERCISE.....

Success Stories

Happy 3rd Birthday to Ethical, in some ways it seems as though we have been here forever and in some ways it seems only yesterday. The idea to open our company was formed in 2010 and we started trading in 2011. Either way we are here 3 years on, learning and growing and developing all the time. So much has happened in the last 3 years but our excitement this month is that we are so pleased to announce that our amazing Halima has been rightfully promoted to Office manager. Halima has been with us since 2012 where she started as an office junior, Halima has worked very hard to understand the whole company needs and continues to show passion and excited with her job role. We don't like to make people cry but they were tears of joy x



If you have any enquires or would like to feature in future newsletter editions then please do not hesitate to contact us

Telephone number: 0113 3459492

Address: Unit 13 CEC
Chapelton road,
Leeds
LS7 3DX

Email: www.admin@ethicalhomecare.co.uk

Web: www.ethicalhomecare.co.uk